

Steptember

MOVE FOR WILLOW

ACTIVITY TRACKER

Track your daily movement activities throughout September

Set a goal, move each day, stick with the same or mix it up – just get moving.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Activity: ¹ _____ Completed: ☐	Activity: ² _____ Completed: ☐	Activity: ³ _____ Completed: ☐	Activity: ⁴ _____ Completed: ☐	Activity: ⁵ _____ Completed: ☐	Activity: ⁶ _____ Completed: ☐
Activity: ⁷ _____ Completed: ☐	Activity: ⁸ _____ Completed: ☐	Activity: ⁹ _____ Completed: ☐	Activity: ¹⁰ _____ Completed: ☐	Activity: ¹¹ _____ Completed: ☐	Activity: ¹² _____ Completed: ☐	Activity: ¹³ _____ Completed: ☐
Activity: ¹⁴ _____ Completed: ☐	Activity: ¹⁵ _____ Completed: ☐	Activity: ¹⁶ _____ Completed: ☐	Activity: ¹⁷ _____ Completed: ☐	Activity: ¹⁸ _____ Completed: ☐	Activity: ¹⁹ _____ Completed: ☐	Activity: ²⁰ _____ Completed: ☐
Activity: ²¹ _____ Completed: ☐	Activity: ²² _____ Completed: ☐	Activity: ²³ _____ Completed: ☐	Activity: ²⁴ _____ Completed: ☐	Activity: ²⁵ _____ Completed: ☐	Activity: ²⁶ _____ Completed: ☐	Activity: ²⁷ _____ Completed: ☐
Activity: ²⁸ _____ Completed: ☐	Activity: ²⁹ _____ Completed: ☐	Activity: ³⁰ _____ Completed: ☐	If you would like a to make a donation, funds can be deposited to the following account: CVL Donations and Fundraising Account BSB: 633 000 Acc Number : 151158375 Receipts are available on request to admin@cypressviewlodge.com.au			

THANK YOU FOR TAKING PART AND GETTING ACTIVE FOR WILLOW – 100% of money raised will go directly to Willow